

Perimenopause Food + Energy Reset

Price: \$47

Use a simple food structure to support steadier energy, fewer crashes, and less meal guesswork.

What is inside

- 14-day food and energy reset guide
- Simple meal planning pages
- Breakfast, lunch, dinner, and snack ideas
- Hydration and energy tracker
- Grocery list builder
- Craving and blood sugar reflection prompts

How to use it

- Plan two simple breakfasts, two lunches, and two dinners before you begin.
- Track energy and cravings after meals.
- Use the grocery list to keep the next week easy.
- Review which foods help you stay steady and which throw you off.

What this helps you do

- Take the guesswork out of meals
- Support more stable energy
- Notice craving patterns
- Create a food rhythm you can keep using

Prepared for Balanced Feminine Path. This preview outlines the digital product content and structure shown on the website sales page.